

Welcome Pack for International Social Care Workers



Working with Perth and Kinross Council

Ambition

Compassion

Integrity



Welcome from our Chief Executive

Welcome and congratulations on your new role with Perth and Kinross Council! We are delighted that you have chosen to come and live and work here.

Working with us is more than just a job. It's being part of an organisation which puts people at the heart of all we do, providing opportunities to make a real difference to people who live, work, learn and do business here by contributing to our vision of a Perth and Kinross where everyone can live life well, free from poverty and inequalities.

This pack is designed to support your transition to living and working here. We have tried to provide key, practical information to support a smooth transition to life in Scotland and hope it helps you to prepare as much as possible for your first days and weeks here.

When you start in your new role, you'll learn a lot about us, have new experiences and build important new relationships. We're lucky to have incredibly talented people with extensive knowledge and experience and encourage you to ask lots of questions to help you settle in and to support your learning and development; please share your thoughts and ideas too, so that you can make best use of your skills and talent.

Enjoy your time as part of our team, I wish you all the very best in your career with Perth and Kinross Council and hope to meet you at some point.

Thomas Glen
Chief Executive



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Arrival in Scotland

Welcome to Scotland!

Hopefully the Scottish weather has been kind to you upon your arrival.

You may have noticed a few accents on your journey to Scotland. The people of Scotland have quite unique accents, depending on which part of Scotland they are from and there are different colloquialisms and nuances that may take a bit of getting used to.

Here are some words that you may hear when staying in the Perth and Kinross Area:

- “ken” – as in to “ken something or someone” – this means that the speaker knows someone or something
- “aye” – this means yes
- “anno” – this means I know
- “baffies” – this means slippers

You can find a whole host of words used frequently in Scotland in this [Glossary of Scottish words](#) and their meanings.

Your first days at work

Induction

We appreciate that relocating to a new area or country and a new job all at one time can be quite daunting.

From your first day, and the weeks to follow, to support you in your new role, you will receive an induction relevant to your service area. We also offer a [Corporate Induction](#), which includes the opportunity to attend an in-person event, where you can meet Thomas Glen (Chief Executive) and other senior managers, along with colleagues from different parts of the Council, as well as fellow new starts.

Learn more about working with Perth and Kinross Council

View our [employment policies, procedures and other information](#).

Accommodation

We've listed below some options for you to consider if you need to find accommodation in Perth and Kinross.

Where can you look for rental properties?

Estate agents

Estate agents arrange the selling, renting or management of properties. They work with landlords who have properties to rent and will be able to advise you about properties that they have available in the area and of properties that they may be aware of that will be coming to the market, before they appear online. We would, therefore, recommend phoning estate agents directly to discuss options and also request to be kept informed of new properties that become available. Please find below the website addresses of some local estate agents:

Estate Agents with branches in Perth:

- [Simple Approach](#) – offices in Perth and Dundee
- [Premier Properties Perth](#) – based in Perth
- [Aberdein Considine](#) – offices across Scotland
- [Next Home](#) – branches across Perthshire and Dundee
- [Clyde Property](#) – offices across Scotland
- [Lettings Direct Perth](#) – based in Perth

Other online accommodation resources

- [Zoopla](#)
- [Right Move](#)
- [Lettingweb.com](#)
- [OnTheMarket.com](#)
- [Gumtree.com](#)
- [s1homes](#)



If you are happy to share, the option of renting a room in a property, may be more cost effective, as utility bills may be included in the costs and there will be no need to furnish. View more information on [Spare Room's website](#).

Healthcare in Scotland

NHS

The National Health Service (NHS) is managed by the Scottish Government, and the majority is funded through taxes. This means that while you are employed in Scotland you are entitled to free health care from the NHS, as well as your spouse and your immediate family, if they are living in Scotland. Prescriptions are free in Scotland.

Private healthcare is also available throughout Scotland and is usually paid for through a private healthcare insurance scheme or by individuals who chose to use the services of private healthcare providers directly.

Registering with a doctor and dentist

It is important that you register with a doctor and a dentist. Where you register for each, will depend on where you live. You can find out [what dental practices are accepting NHS patients \(scot.nhs.uk\)](#). Alternatively, you can search online for a dental practice in Perth and Kinross that provides private dental care.



To register with a doctor (GP), you will need your postcode to identify those closest to your home. Below are the steps you will need to take to register:

1. [find your local GP practice \(nhsinform.scot\)](#)
2. complete a registration form – contact the practice to find out how to obtain the registration form and how they would like to receive the completed form and return it to them as instructed; once your registration is complete, you may be asked to provide copies of your ID or proof of your address
3. registration confirmation – when your registration has been received by the GP practice, you will be notified either by telephone or email to advise if your registration has been successful

What should I do if I need medical care?

- Visit [NHS Inform](#) to access advice on common symptoms, guidance on self-help and where to go if you need further medical care.
- Contact your GP practice during opening times for an appointment or over the phone advice.
- For out-of-hours assistance, call NHS 24 on “111” and use [NHS Inform online](#) when you are too ill to wait for your GP practice to open, and use your local injuries unit for non-life-threatening but painful injuries such as a deep cut, broken bone or sprain or painful burn injury.
- Use NHS 24 telephone service by dialling “111” day or night if you think you need Accident and Emergency (A and E) but your condition is not life-threatening

Accident and Emergency – Call “999”

Please remember A and E or phoning “999” are for emergencies only, for example a severe injury, a suspected heart attack or stroke, breathing difficulties or severe bleeding etc.

Mental health support

If you are feeling overwhelmed or need support, you can call NHS 24 on “111”, or Breathing Space on 0800 83 85 87. Breathing Space is open Monday to Thursday, 6pm to 2am and Friday to Monday, 6pm to 6am.

You can also call Samaritans on 116 123; they are open 24 hours a day, 365 days a year.

View [more information on all the above, and further information on healthcare in Scotland \(nhsinform.scot\)](#).

There is also a range of [wellbeing resources](#) available on the Council's website.

Transport and getting around

You can travel or commute easily within Tayside either by car, bus or train. Dundee and Perth also have excellent transport links to the rest of Scotland and the UK.

Bus timetables

- Perth – view [local bus times throughout Perth City, the Perth and Kinross area and beyond](#).
- Dundee – view [local bus times throughout Dundee City](#).
- Alternatively, you can telephone Traveline on 0871 200 22 33, they are open every day from 8am to 8pm and will be able to provide details of timetables for both Perth, Dundee and surrounding areas.

Rail services

Perth train station has direct rail services to and from nearby cities such as Dundee, Aberdeen, Edinburgh and Glasgow all of which are less than 90 minutes away by train. If you want to travel further afield within the UK, there are many other destinations that you can reach by train such as London, Manchester, Luton, Newcastle to name but a few.

Airports

Dundee has a small airport, which is located 3km from the city centre of Dundee and offers direct flights to Belfast and London City. International flights are available at other Scottish airports, with Edinburgh being the closest international airport to Perth. Edinburgh airport offers flights to 100 world-wide destinations, Aberdeen operates over 50 routes, and Glasgow offers flights to 110 destinations.

Family and children

Early Learning, childcare and schools

If you are planning to bring children to live with you once you are settled in Scotland, please refer to the relevant local authority that provides education in your area for further information and guidance. The Council will depend on where you live, for example:

- Perth and Kinross – [Perth and Kinross Council](#)
- Dundee – [Dundee City Council](#)



- Angus – [Angus Council](#)
- Edinburgh - [The City of Edinburgh Council](#)
- Fife – [Fife Council](#)



The local Councils' websites provide details on available early learning and childcare services, schools, enrolment and catchment areas. A catchment area is the area around a single school and children who live in the area are given priority for a place at the school. Parents can make a request for a place at another school, but this will only be granted if there are spaces available.

Other useful links

Childminding resources

- [Scottish Childminding Association](#)
- [Childcare.co.uk](#)
- [Care Inspectorate](#) (an independent organisation that inspects nurseries, childminders and schools)

Shopping

Clothing and homeware

There are a variety of independent shops in the Perth and Kinross area as well as shopping centres and retail outlets in Perth and Dundee. Cities such as Glasgow and Edinburgh also offer a wide range of retailers and designers and are just a short train or bus journey away.

Perth

- St John's Shopping Centre
- St Catherine's Retail Park
- Find [independent shops in Perth City on Small City Big Personality's website](#)

Dundee

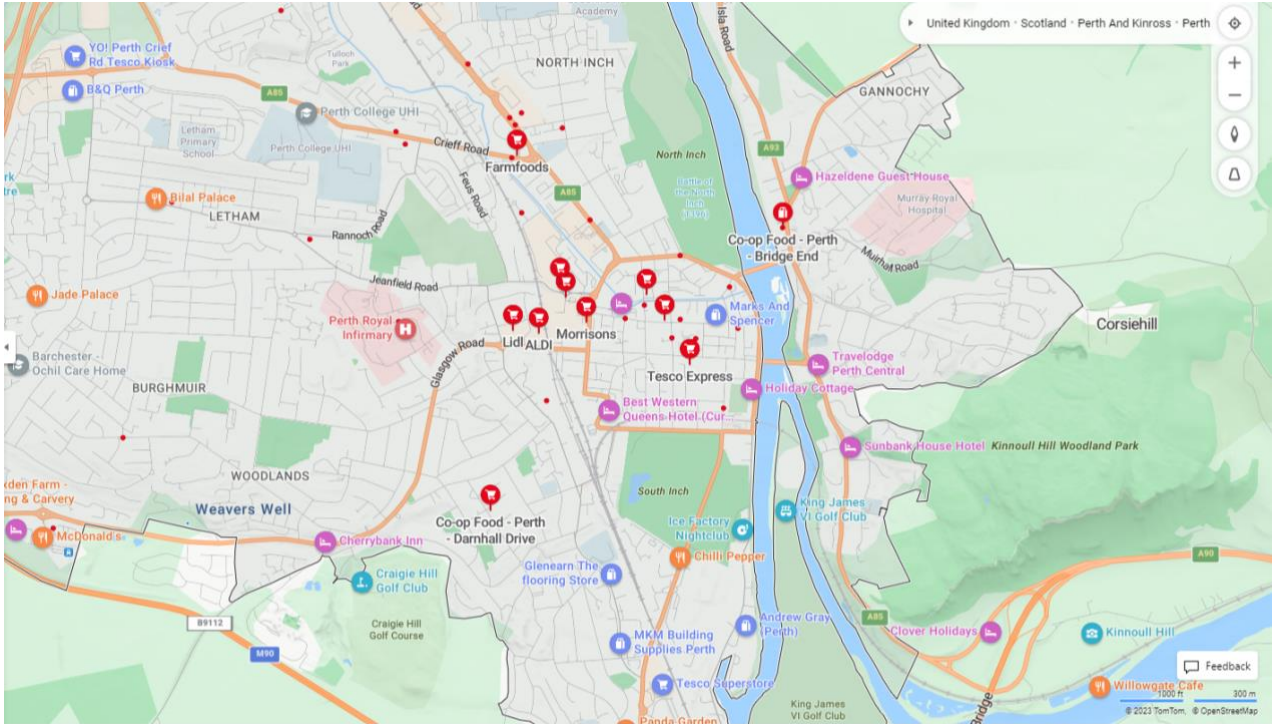
- Overgate Shopping Centre
- Wellgate Centre



- Gallagher Retail Park
- Kingsway Retail Park

Grocery Shopping

Perth



- Tesco - Crieff Road, PH1 2NR; Edinburgh Road, PH2 8DX; South Street, PH2 8PA
- Asda – Dunkeld Road, PH1 5AP
- Morrisons – Caledonian Road, PH1 5XD
- Lidl – Riggs Road, PH1 1PR
- Aldi – Glasgow Road, PH2 0NZ
- Sainsbury’s – High Street, PH1 5PB
- Marks and Spencer – High Street, PH1 5TJ and Ruthvenfield Road, PH1 3EE

Towns including Aberfeldy, Blairgowrie, Crieff, Auchterarder, Kinross and Pitlochry also have various supermarkets.

Support networks

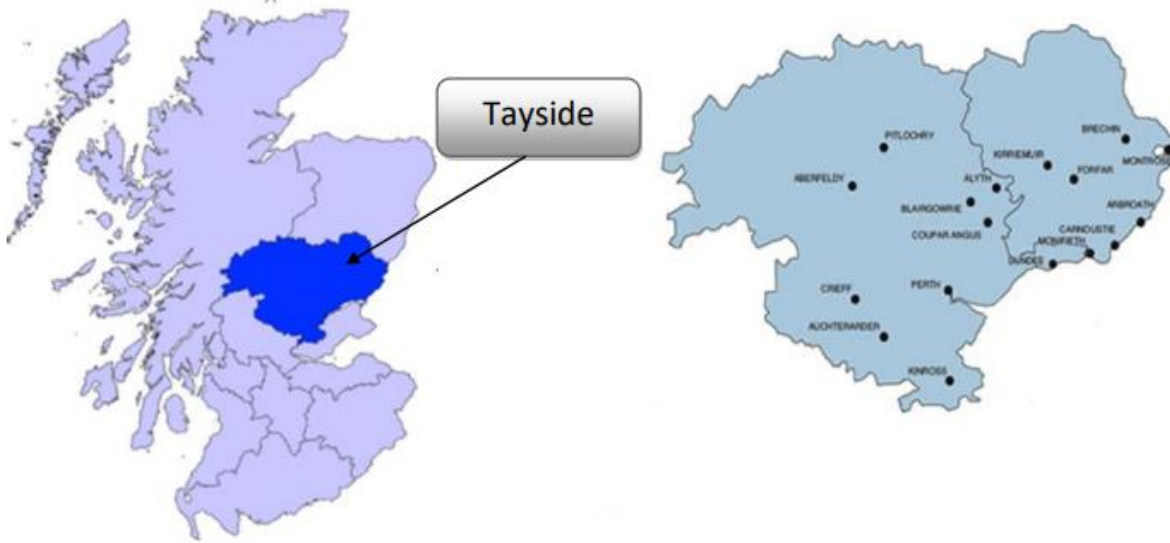
Perth has a variety of support networks for people from various backgrounds and communities, where you can meet people who may have experienced some of the new experiences you will encounter and will be able to provide support and guidance on how to adapt to your new life in Scotland.

- PKAVS Minorities Communities Hub
- Perth Welfare Society (Facebook page)
- Chinese Association
- Ukrainian Club
- Malayali Association Perth
- Kenyan Students Association
- Sri Lankan Community in Scotland
- Bajka Polish Education Centre
- Polish School Perth

You can find out more about each organisation by emailing Equalities@pkc.gov.uk.

In Perth and Kinross Council, we have several staff networks that you might like to think about being involved with, please check SharePoint for information.

Maps



Perth City Centre



We can't wait for you to join us!



If you or someone you know would like a copy of this document in another language or format, (on occasion, only a summary of the document will be provided in translation), this can be arranged by contacting the Customer Service Centre on 01738 475000.

You can also send us a text message on 07824 498145.

All Council Services can offer a telephone translation facility.

BSL users can contact us via Contact Scotland BSL, the online British Sign Language video relay interpreting service. Find out more on the [Contact Scotland BSL website](#).